



MyPyramid Audio Podcasts

Party Time Strategies

[Intro Music] Welcome to MyPyramid Podcasts. They are brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, I'll be sharing tips you can use everyday to eat right and get active.

[Sound Effects: adults chatting, party, glassing clinking] For many who work at an office, those potlucks or parties can be an overeating disaster. Even with too many tempting choices, you can still eat right by keeping a few tips in mind. First, fill up with low-calorie options like fruits and veggies. By the time you get to the other foods, you won't need to eat much to feel satisfied. Also limit yourself to two items per trip. This way you'll have to stop and think if you really want that extra food. And when choosing where to eat all that food, pick a spot some distance from the buffet table. You'll need to put in more effort to get to go back for that extra serving.

That's it for today. To see these tips in action on a video podcast, go on our website at MyPyramid.gov. While you're there, check out our other great tips on how to eat and live healthy. See you next time!